# **NMG Volunteer Activity Alternatives for COVID Physical Distancing**

# **Physical/Mental Wellness:**

- Collaborative wellness initiatives (online classes, push up challenges, etc.), with neighborhood accountability partners
- Implement check-in system for neighbors, particularly those who live alone or may need extra support

# **Helping Others:**

- Convert a Little Free Library to a Little Free Pantry or install a Little Free Pantry (see LFP grant opportunity <u>here</u>)
- Coordinate donations to food pantries, shelters, or other places actively serving through the pandemic (not Goodwill or other places that are currently closed to donations)
- Distribute door signs or other visual prompts to signal for help
- Complete necessary errands including grocery store/post office or supply runs for others
- Arrange safe n'hood meal delivery from restaurants or food trucks
- Perform lawn or other basic exterior maintenance for others
- Teach a class or skill virtually for neighborhood participants

### **Art/Child-Friendly Activities:**

- Stuffed animal hunt
- Make and display yard art & signage
- Display guilts or other art on porches, door frames, windows, etc.
- Selfie scavenger hunt
- Sidewalk chalk walks
- Virtual Story time/book read for neighborhood children
- Coordinate a neighborhood sing-a-long (each person/family participates from their porch, stoop or balcony

# **Neighborhood Improvements:**

- Pick up litter
- Create a community newsletter or directory
- Reduce crime through neighborhood watch efforts to ensure doors are locked, bikes and equipment are put away, broken lights are replaced, and vegetation is trimmed from windows
- Report broken street lights, damaged street or sidewalks, overgrown vegetation on walkways, litter and graffiti to 311 (note that repairs may be delayed)

#### Other:

- Host neighborhood meetings, potlucks or parties virtually via web or telephone conferencing
- Create a challenge with tracking to encourage completion of the 2020 US Census by street, block etc.
- Neighborhood book clubs with virtual discussion
- Neighborhood story/history collection
- Community recipe swap/community cookbook





The Moor Bears